



Male Senior						
Position in		Athlete Details			Final Results	
Overall	Cat	Age	Cat	Race Name	Bib	Final times
1	1	24	M / Senior	Luxolo Mdyanga	293	01:14:57
2	2	20	M / Senior	Bart Candel	284	01:21:21
4	1	39	Hand Cyclist	Johann Lubbe	109	01:22:45
7	3	30	M / Senior	Frederick Lewinsky	304	01:27:35
8	4	29	M / Senior	Christopher Walsh	277	01:30:31
10	5	26	M / Senior	Brett Roux	257	01:31:47
12	6	31	M / Senior	Maarten Van kooij	274	01:32:30
13	7	27	M / Senior	Dean Cooke	222	01:34:30
15	8	33	M / Senior	Justin Brett	22	01:36:41
16	9	31	M / Senior	Philipp Holzkamp	86	01:36:41
17	10	30	M / Senior	Jamie Macken	245	01:36:59
19	11	32	M / Senior	De wet Joubert	238	01:37:50
20	12	27	M / Senior	Stephen Krige	285	01:38:05
21	13	37	M / Senior	Roux Kemp	239	01:38:46
22	14	37	M / Senior	Nick Mccarthy	117	01:38:51
24	15	38	M / Senior	Eugene Marais	302	01:39:38
25	16	27	M / Senior	Ryan de Jager	286	01:40:01
27	17	37	M / Senior	Nik Michalopoulos	121	01:40:43
29	18	29	M / Senior	Christopher Millar	124	01:41:22
30	19	27	M / Senior	Francois Janse van rensburg	237	01:42:19
32	20	35	M / Senior	Johan Brink	23	01:43:08
35	21	30	M / Senior	Dominic Chennells	219	01:44:16
36	22	31	M / Senior	David Kornik	95	01:44:24
38	23	38	M / Senior	John Murray	131	01:44:30
39	24	36	M / Senior	Reik Mueller	129	01:44:43
42	25	30	M / Senior	Rod Hunter	236	01:45:56
43	26	37	M / Senior	Gregor Calderwood	31	01:46:38
45	27	22	M / Senior	Daniel Bauman	10	01:46:46
46	28	23	M / Senior	Ryan Anderson	3	01:46:55
48	29	27	M / Senior	Sergio Cardoso	216	01:47:11
49	30	32	M / Senior	David Frylinck	61	01:47:15
51	31	30	M / Senior	Ludaan Kohrs	93	01:47:48
54	32	26	M / Senior	Sven Oxtoby	142	01:48:35
56	33	33	M / Senior	Michael Dixon	52	01:49:06



59	34	25	M / Senior	Chris Ball	8	01:50:10
60	35	23	M / Senior	Ruan Hessel	82	01:50:12
61	36	55	M / Senior	Ryno de Jager	287	01:51:21
62	37	27	M / Senior	Roger Coe	36	01:51:36
66	38	31	M / Senior	Rob Marthinusen	114	01:52:13
67	39	38	M / Senior	Pieter Roelofse	256	01:52:48
70	40	34	M / Senior	Andrew Shepherd	171	01:54:27
75	41	32	M / Senior	Aamil Bejai	13	01:55:51
78	42	32	M / Senior	Suhail Suleman	184	01:58:02
81	43	38	M / Senior	Kurt Collison	221	01:58:51
89	44	36	M / Senior	Simon Lamond	297	02:02:51
91	45	25	M / Senior	Aidan Casserley	217	02:03:01
92	46	28	M / Senior	Heinrich Benkenstein	15	02:03:36
94	47	46	M / Senior	Steve Boyd	21	02:04:37
96	48	35	M / Senior	Mornā Edas	230	02:05:55
102	49	29	M / Senior	Rob Burgoyne	27	02:07:55
108	50	36	M / Senior	Hans Moolman	249	02:10:43
110	51	0	M / Senior	Simon Carruthers	307	02:11:59
113	52	28	M / Senior	Alex Benkenstein	14	02:12:27
132	53	30	M / Senior	Hart Shouldice	306	02:24:56
135	54	49	M / Senior	Gary Pond	151	02:26:03
136	55	34	M / Senior	Gertjan Van vliet	276	02:26:14
138	56	37	M / Senior	Ayoob Dadabhy	41	02:26:24
142	57	34	M / Senior	Brian Pereksles	146	02:28:18
144	58	26	M / Senior	Roger Seghers	169	02:28:33
148	59	37	M / Senior	Jens Schatke	162	02:39:06
149	60	31	M / Senior	Samuel Chamboko	218	02:42:35
154	61	37	M / Senior	Keith Pilkington	149	02:57:49

Male Veterans						
Position in		Athlete Details			Final Results	
Overall	Cat	Age	Cat	Race Name	Bib	Final times
3	1	44	M / Veteran	Ian Little	105	01:22:45
5	2	46	M / Veteran	Anton Chevalier	35	01:25:29
9	3	40	M / Veteran	Dirk Van zijl	194	01:31:36
31	4	40	M / Veteran	Neil Townsend	187	01:43:03
37	5	41	M / Veteran	Dean Moldenhauer	126	01:44:28



40	6	42	M / Veteran	Richard Stronach	182	01:45:18
44	7	43	M / Veteran	Mark Rowand	258	01:46:46
47	8	45	M / Veteran	Gregg Sneddon	177	01:47:01
53	9	43	M / Veteran	Timothy Wood	209	01:48:25
58	10	41	M / Veteran	Alexander Schubert	164	01:50:00
68	11	45	M / Veteran	Greg Van der krol	191	01:53:25
73	12	41	M / Veteran	Daryl Harding	78	01:55:15
77	13	45	M / Veteran	Conrad Greer	74	01:56:32
84	14	41	M / Veteran	Helgo Hohenstein	85	02:00:04
98	15	46	M / Veteran	Gary Harris	234	02:06:23
100	16	44	M / Veteran	Bradley Koen	240	02:07:52
101	17	45	M / Veteran	Gregory Swartz	269	02:07:54
116	18	46	M / Veteran	Steve Mathew	247	02:15:07
124	19	48	M / Veteran	Greg Scorer	166	02:18:54
131	20	45	M / Veteran	Laurens Cloete	220	02:24:56
138	21	47	M / Veteran	Steve Shipline	264	02:26:26

Male Masters

Position in		Athlete Details			Final Results	
Overall	Cat	Age	Cat	Race Name	Bib	Final times
11	1	53	M / Master	Malcolm Harrington	79	01:31:55
52	2	55	M / Master	Dieter Gloeck	69	01:47:58
71	3	53	M / Master	Derek Whiteside	305	01:54:58
104	4	53	M / Master	Firoz Abrahams	1	02:08:51
117	5	53	M / Master	Peter Jacobs	292	02:16:29
125	6	50	M / Master	Tony Tunar	189	02:19:09

Male Grand Masters

Position in		Athlete Details			Final Results	
Overall	Cat	Age	Cat	Race Name	Bib	Final times
64	1	66	M / G Mas	Wally Steel	266	01:52:07
140	2	64	M / G Mas	Willem Buys	29	02:27:24



Female Senior						
Position in		Athlete Details			Final Results	
Overall	Cat	Age	Cat	Race Name	Bib	Final times
6	1	36	F / Senior	Busisiwe matiwane Matiwane	248	01:25:46
14	2	36	F / Senior	Lesyl Potgieter	153	01:36:29
18	3	26	F / Senior	Evelien Ruijters	259	01:37:02
26	4	29	F / Senior	Sebenzile Shabalala	263	01:40:19
34	5	29	F / Senior	Kirsten Norris	139	01:44:07
57	6	26	F / Senior	Kim Sheppard	173	01:49:15
63	7	26	F / Senior	Megan Walker	200	01:51:40
65	8	30	F / Senior	Jacqui Marthinusen	113	01:52:14
69	9	29	F / Senior	Sarah Lange	242	01:54:28
74	10	28	F / Senior	Jodi Lord	107	01:55:28
76	11	27	F / Senior	Mary Waller	201	01:56:25
79	12	25	F / Senior	Corli Leonard	303	01:58:06
80	13	23	F / Senior	Jana Van houwelingen	273	01:58:19
82	14	32	F / Senior	Nikki Van schalkwyk	193	01:59:29
83	15	32	F / Senior	Tersia Moldenhauer	127	01:59:33
85	16	36	F / Senior	Hannelie Naude	133	02:00:05
87	17	38	F / Senior	Vicki Philpott	147	02:02:37
90	18	36	F / Senior	Alex Mihailovic	298	02:02:58
95	19	33	F / Senior	Janneke Hampsink	76	02:04:57
97	20	21	F / Senior	Annette Smit	175	02:06:21
103	21	20	F / Senior	Kim Rennie	158	02:08:19
105	22	31	F / Senior	Sarah Lamond	241	02:09:26
107	23	27	F / Senior	Ona Buys	30	02:10:07
111	24	33	F / Senior	Lisa Blomerus	17	02:12:04
114	25	38	F / Senior	Kathleen Kischke	91	02:13:16
115	26	39	F / Senior	Ferlise Nolan	251	02:13:20
118	27	37	F / Senior	Jenny Young	280	02:16:49
119	28	38	F / Senior	Cynthia Donnellan	300	02:16:52
124	29	24	F / Senior	Jessica Granger	73	02:18:54
128	30	33	F / Senior	Kerith Tuff	188	02:20:07
131	31	33	F / Senior	Sarah Fitzpatrick	308	02:24:56
133	32	29	F / Senior	Hayley Scholtz	281	02:25:56
139	33	28	F / Senior	Jacobi De villiers	46	02:27:07
143	34	24	F / Senior	Chelsea Cooke	38	02:28:33



145	35	27	F / Senior	Julia Shepherd	172	02:30:44
150	36	27	F / Senior	Nicola Okes	279	02:42:57
151	37	31	F / Senior	Chipo Gwanzura	232	02:43:40
153	38	37	F / Senior	Alison Wood	210	02:55:30

Female Veterans						
Position in		Athlete Details			Final Results	
Overall	Cat	Age	Cat	Race Name	Bib	Final times
23	1	43	F / Vet	Fiona Baldwin	7	01:38:54
28	2	42	F / Vet	Lynn Davis	224	01:41:00
33	3	46	F / Vet	Charlotte Noble	138	01:43:17
50	4	47	F / Vet	Paola Vignani	197	01:47:28
55	5	42	F / Vet	Marcy Loubser	243	01:48:56
72	6	37	F / Vet	Moira Harding	77	01:55:14
86	7	41	F / Vet	Philippa Humphreys	89	02:00:15
88	8	42	F / Vet	Renee Stronach	183	02:02:44
93	9	43	F / Vet	Shuraine Abrahams	2	02:04:31
106	10	41	F / Vet	Allison Lamb	97	02:09:31
109	11	41	F / Vet	Mel Sharp	170	02:11:48
112	12	45	F / Vet	Helen Coulson	282	02:12:05
122	13	42	F / Vet	Melodie Mcgeoch	119	02:18:09
123	14	43	F / Vet	Zelda Gooderham	72	02:18:52
128	15	42	F / Vet	Wendy Thompson	185	02:20:07
135	16	45	F / Vet	Carron Howard	87	02:26:05
142	17	45	F / Vet	Susanne Schubert	165	02:28:20
153	18	48	F / Vet	Sandra Gildenhuys	289	02:55:30

Female Masters						
Position in		Athlete Details			Final Results	
Overall	Cat	Age	Cat	Race Name	Bib	Final times
99	1	52	F / Mas	Lesley Matthews	116	02:07:35
120	2	51	F / Mas	Christina Zarowsky	211	02:17:34
126	3	54	F / Mas	Hester Fortune	58	02:19:20
146	4	54	F / Mas	Margaret Gloeck	70	02:34:43



Female Grand Masters						
Position in		Athlete Details			Final Results	
Overall	Cat	Age	Cat	Race Name	Bib	Final times
129	1	65	F / G Mas	Chippy Steel	267	02:21:34
147	2	67	F / G Mas	Marianne Nelson	136	02:35:36